

# **Khapsagai Wrestling Rules**

Introduction

Article 1. Subject

Article 2. Interpretation

Article 3. Application

Article 4. Competition System

Article 5. Competition Program

## **CHAPTER II. ORGANIZATION OF COMPETITIONS**

Article 6. Age and Weight Categories

Article 7. Clothing

Article 8. Carpet and Court

Article 9. Scoreboard and Video Camera

Article 10. Medical Care

Article 11. Functions of Medical Personnel

Article 12. Doping

## **CHAPTER III. BOARD OF JUDGES**

Article 13. Composition

Article 14. Main Duties

Article 15. Chief Judge

Article 16. Mat Manager

Article 17. Mat Arbiter

Article 18. Chief Secretary

Article 19. Video Recording Review

Article 20. Decision Making

Article 21. Awarding Points

Article 22. Sanctions Imposed on the Panel of Judges

Article 23. Dress

Article 24. Appeal Jury (Judging Jury)

## **CHAPTER IV. COMPETITION PROCEDURE**

Article 25. Weighing

Article 26. Draw

Article 27. Pairing

Article 28. Elimination from the Competition

Article 29. Award Ceremony

## **CHAPTER V. THE BOUT**

Article 30. Duration of the Bout

Article 31. Call

Article 32. Introduction of the Wrestlers

Article 33. Beginning of the Bout

Article 34. Interruption of the Bout

Article 35. End of the Bout

Article 36. Types of Victory

Article 37. Coach

#### CHAPTER VI. PASSIVE WRESTLING

Article 38. Passivity Zone

#### CHAPTER VII. VIOLATIONS AND PROHIBITED TECHNIQUES

Article 39. Escaping a hold

Article 40. Prohibited Techniques

Article 41. Techniques prohibited in the categories of young men:

Article 42. Consequences of using prohibited techniques

#### CHAPTER VIII. PROTEST

Article 43. Protest

#### CHAPTER IX. FIGHT FOR ABSOLUTE PRIMITIVENESS

Article 44. Absolute PRIMITIVENESS

#### CHAPTER X. INTERPRETATION OF THE RULES OF KHAPSAGAI WRESTLING

Article 45. Amendments to the rules and unforeseen events

Enclosure

## Foreword

The word khapsagai literally translated from the Yakut language means “dexterous”, “fast”, translated into English – “speedy”. Like other sports, khapsagai wrestling is subject to certain laws, which make up the so-called "Rules of the Game" and determine the essence and principles of wrestling.

According to the legends of our ancestors, khapsagai wrestling originated in those ancient times when strong and brave warriors were the defenders of their family and loved ones. We see all this in the philosophy of khapsagai wrestling, one of the distinctive features of which is that the wrestler must be extremely concentrated throughout the fight, relaxation even for a moment can cause defeat. In the era of wars, boys from the age of three were taught to shoot accurately from a bow, skillfully wield a spear and sword, wrestle, and ride a horse quickly. Participation in khapsagai wrestling competitions meant reaching maturity for young people. Songs were composed about the winners, and the heroes were considered national heroes.

Our outstanding Olympic wrestlers Roman Mikhailovich Dmitriev, Pavel Pavlovich Pinigin and Alexander Nikolaevich Ivanov achieved high results due to the fact that their technique was based on the secrets of the khapsagai wrestling. The unique features of the Yakut wrestling, its simplicity and accessibility allow people of all ages to successfully practice it anywhere in the world - from schoolchildren to pensioners.

The goal of the khapsagai wrestling is to knock down or throw the opponent, to make him touch the ground with the third point of support. In the khapsagai wrestling, it is allowed to carry out techniques and throws with grabs of the arms and legs, foot trips and various techniques using the legs. Grabbing fingers, grabbing the head with two hands, rough, cruel wrestling are prohibited. The International Federation of Associated Wrestling Styles FILA has appreciated Khapsagai and accepted it as one of the official disciplines, paying tribute to the ethnocultural heritage of Yakutia. This historic event took place on October 23, 2010 in Astana (Kazakhstan). In 2011, Yakut Mas-Wrestling was also accepted into the World Committee of Traditional Wrestling Styles FILA. Since then, the European Championships (Šiauliai, Lithuania, July 19-23, 2011) and Asian Championships (Pune, India, December 19-23, 2011) among adults, and the World Championships among cadets (Sao Paulo, Brazil, April 18-22, 2012) have been held in these two types of martial arts of the Sakha people. These rules of khapsagai wrestling were adopted at a meeting of the executive committee of the khapsagai wrestling federation of the Republic of Sakha (Yakutia) and approved by the Board of the Ministry of Sports of the Republic of Sakha (Yakutia).

Traditional wrestling, widespread throughout the world, is subject to special rules.

The rules of khapsagai wrestling are regularly amended and changed.

All wrestlers, coaches, judges and team representatives must study these Rules set out in this book and follow them. These Rules are created for those who love and respect this sport and fight honestly for the joy of spectators.

## **Introduction**

### **Article 1. Subject**

Khapsagai wrestling is a type of martial arts. Using techniques, the wrestler needs to throw the opponent off balance and force him to touch the ground or carpet with any part of his body. Even accidentally touching the carpet or ground is considered a defeat. Unlike other types of wrestling, in khapsagai wrestling, the fight is conducted only in a stand-up position.

The khapsagai wrestling rules are designed to:

determine the practical and technical conditions for conducting contractions;

determine the significance of techniques and grapples used in khapsagai wrestling;

list possible situations and violations;

indicate the technical functions of the judging panel;

determine the competition system, classification methods, imposed sanctions, elimination from competitions, etc.

Practical application and research of rights effectiveness - khapsagai entails

making amendments and changes to them. The rules set out below in this document

are the basis for khapsagai fighting.

### **Article 2. Interpretation**

In case of disagreement regarding the interpretation of the provisions of any article of these rules, the right of interpretation is reserved exclusively for representatives of the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia). These rules are in Russian and English, approved by the Ministry of Physical Culture and Sports of the RS(Ya).

### **Article 3. Application**

The application of these rules at championships and all international competitions is mandatory.

In exceptional cases, the procedure for holding international tournaments may

differ from that set out in these rules, subject to agreement with

the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia).

## CHAPTER I. COMPETITIONS AND PROGRAMS

### Article 4 Competition management system

Competitions are held as follows:

division into pairs according to the numbers drawn by drawing lots;

the wrestlers who won their fights continue to fight in group A until reaching the

final, the losers continue to fight in group B and have the right to fight for the third place;

the losers of group A are recorded from the bottom in group B; if there are two wrestlers left in Group B,

All wrestlers who have lost twice are eliminated from the competition (except for the round-robin system);

the weigh-in in each weight category is held the day before the start of the competition, or at

the discretion of the chief judge on the day of the competition before lunch;

The competition is held on the day before the start of the competition. they are held in the following stages:

preliminary fights;

fights for the third place;

final fights.

If there are no more than 7 wrestlers in the weight category, then the competition is held with elimination after two defeats.

If there is an odd number of participants, the wrestler who occupies the last numbering during

the draw during the competition becomes free and in the next round of the competition

rises to the top line of the standings and fights from the red corner.

If two third places are provided according to the competition position, then the two wrestlers

who won against all in group " B " will take the third place. Wrestlers who have met in Group A

do not fight each other again.

**Important note.** Wrestlers who are disqualified for cruelty, failure to show up, unfair

wrestling, disrespect for an opponent or a judge will not be awarded places. In this situation, the wrestler

who was supposed to fight the disqualified wrestler will face the next wrestler

in the standings.

If the wrestler is absent after the challenge to the mat, after one minute, the victory in

the fight is awarded to his opponent.

### Article 5. Competition program

The duration of national competitions, international tournaments

of European, Asian and world championships is determined as follows:

for competitions of any kind, no more than 2 days are allowed for each weight category.

each round of competitions in a certain weight category must be held on

the same carpet. All final fights must be held on the same mat.

## **CHAPTER II. ORGANIZATION OF COMPETITIONS**

### **Article 6. Age and weight categories**

Age and weight categories for competitions:

Junior boys 10-11 years (30 kg, 35 kg, 40 kg, 45 kg, +45 kg);

Junior boys 12-13 years (40 kg, 45 kg, 50 kg, 55 kg, +55 kg);

Middle-aged boys 14-15 years (45 kg, 50 kg, 55 kg, 62 kg, +62 kg);

Cadets 16-17 years (50 kg, 55 kg, 62 kg, 70 kg, +70 kg);

Men 18 years and older (57 kg, 65 kg, 75 kg, 85 kg, 95 kg, +95 kg);

Veterans older than 40 years (60 kg, 70 kg, 80 kg, 80 kg, 90 kg, +90 kg );

Age categories for international competitions:

Cadets aged 16-17;

Juniors aged 18-20;

Adults 21 years and older.

Wrestlers under the age of 17 are allowed to compete among men if there is a certificate confirming the consent of their parents or authorized persons to participate in the competition.

Age is checked at all championships and competitions during registration, before the weigh-in. To do this, the head of each delegation must provide the technical representative or chief judge of the competition with the following documents:

personal passport or photo identification card of the wrestler;

in international competitions, the wrestler can only take part in competitions for the country indicated in the passport;

each wrestler participating in the competition automatically consents to the distribution of their image in photos or videotapes for advertising this competition or upcoming competitions. If the wrestler refuses, he must inform about it at the stage of submitting applications for participation, and in this case he is not allowed to compete.

At international competitions, weight categories are regulated by the Competition Regulations.

Each participant who performs of his own free will and bears responsibility for himself is allowed to compete only in one weight category - the one that corresponds to his weight during the official weigh-in.

In team competitions, in the interests of their team, an athlete can take part in one weight category higher.

### **Article 7. Clothing**

a) Khapsagai wrestling shorts.

Participants must go out on the carpet in sports uniforms. khapsagai wrestling shorts approved by federafight theory. The length of the shorts should be appropriate (not below the knees). the appropriate color (red or blue).

It is allowed to wear light knee pads that do not have metal parts.

b) Advertising on clothing.

Participants are allowed to have the name of the sponsor on their khapsagai wrestling shorts , the name of the team, and belonging to a particular state.

c) Ear protectors.

Participants can optionally wear ear protectors that do not contain metal or other solid elements to protect the injured auricles

d) Shoes.

Participants must wear wrestling shoes or soft-soled running shoes. In the absence of wrestling shoes, you can fight barefoot.

e) Prohibited:

apply slippery or sticky substances to the body; wear items that can cause injury to the opponent, such as rings, bracelets, prosthetics, etc.

During the weigh-in, it is necessary to make sure that each participant meets the requirements of this article. It is necessary to warn each wrestler during the weigh-in that if his appearance does not comply with these rules, he will not be allowed to compete. If a wrestler enters the mat wearing clothing that does not comply with the rules, the judging panel provides time for the athlete to bring these violations into compliance, but no more than 1 minute. If after this time, the appearance of the participant remains unsatisfactory, then he is counted as a defeat in the fight.

#### **Article 8. Carpet and playground**

A standard wrestling mat with a diameter of 9 meters is used.

The following terms are used to refer to different parts of the carpet:

the center circle is called the center of the carpet (diameter - 1 m);

the inside of the carpet, surrounded by a red stripe, it is called the central wrestling surface (diameter - 7 m);

the red band is called the red zone-the zone of passivity (width-1 m).

To prevent contamination of the carpet, it must be washed and disinfected before each stage of the competition. The same hygiene measures should be carried out if the carpets have a smooth, even and uniform surface (including tarpaulins).

The carpet should be positioned in such a way that there is a wide open space to ensure the safe running of the competition.

In summer, during national holidays or sports competitions of national significance , competitions can be held on the ground cover, and you can draw a circle with a diameter of 10 meters.

#### **Article 9. Scoreboard.**

At all competitions approved by the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia), a standard electronic scoreboard should be used, reflecting the time, comments and warnings.

#### **Article 10. Medical services**

To participate in international competitions, each wrestler must pass a medical

examination in their own country.

The organizer of the competition is obliged to provide medical services for conducting a medical examination before weighing and providing medical assistance during fights. The medical staff works throughout the entire course of the competition.

Before the weigh-in, doctors examine athletes to determine their health status. If a competitor is unwell or his condition is dangerous for him or his opponent, the wrestler will not be allowed to compete.

During the entire course of the competition, medical personnel must be prepared to intervene at any time in the event of an athlete's injury and decide whether the wrestler can continue the bout.

Doctors of participating teams are fully authorized to provide medical assistance to their injured wrestlers, but only in the presence of a coach or head of delegation.

#### **Article 11. Functions of medical personnel**

The doctor has the right to stop the bout at any time, informing the mat manager about such a need, and is obliged to do so if he considers that one of the participants is in danger. He can also stop the fight by declaring one of the wrestlers unable to continue the fight.

The wrestler may not leave the mat unless a serious injury requires immediate medical attention.

In the event of a wrestler's injury, the referee must ask the doctor to intervene immediately and ask if stopping the bout was justified. If the doctor reports that the bout was stopped intentionally, the referee must request the mat manager to impose sanctions on the wrestler.

In the event of an obvious injury or bleeding wound, the doctor is given sufficient time to assist the wrestler and decide whether the athlete can continue the bout.

There are no time limits.

In the event of a disagreement among the medical staff, a doctor from the wrestler's team has the right to intervene to provide assistance or advice regarding a medical intervention or a decision made by the medical staff.

A wrestler who intentionally stops a fight but is not injured or bleeding will receive a warning.

#### **Article 12. Doping**

Obeying the Convention anti-smoking measures Signed with the International Olympic Committee and implemented by the World Anti-Doping Agency (WADA), the UWW applies all rules, procedures and sanctions in accordance with this Convention.

Use of narcotic drugs. However, if the UWW does not allow any illegal use of drugs, the UWW reserves the right to require a wrestler to be tested or tested for doping in all competitions controlled by the UWW, in order to prevent UWW.

According to regulations Constitutions

This provision is in accordance with the UWW competition rules, valid for everyone international organizations

Failure to do so will result in exclusion from the competition.

The Medical Commission appoints the time, number, frequency, and procedure of such examinations.

The doctor takes appropriate samples in the presence of a representative of the wrestler being tested.

If the sample was taken for analysis without meeting the conditions described above, the results obtained will be considered invalid.

The costs of doping control are borne by the host country and national federations.

If the UWW Bureau imposes sanctions on a wrestler, appeals should be sent to the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland.

In case of disqualification for doping of a wrestler who took 1st or 2nd place, the bronze medalist who lost in the qualifying match is promoted up the final table, other athletes are also promoted up the final table.

### **CHAPTER III. JUDGING PANEL**

#### **Article 13. Composition**

In all competitions, the judging panel consists of the following members:

chief referee;

carpet managers;

carpet umpires;

chief clerk and secretaries.

Judges must have the appropriate qualifications and powers in accordance with the Rules for Judges.

Replacement of a member of the judging panel during a bout is strictly prohibited, except for a serious illness if there is medical confirmation.

#### **Article 14. Main responsibilities**

The judging panel performs the following tasks: all responsibilities set forth in the rules on khapsagai wrestling competitions, as well as in special regulations on the organization of individual tournaments.

The panel is obliged to closely monitor the progress of each bout in such a way that the referee's protocol clearly reflects the nature of this bout.

The main referee, the carpet manager, and the carpet referee evaluate the moves individually, and then come to a general decision. The carpet referee and the carpet manager work together under the supervision of the Chief Referee, who coordinates the work of the judges.

The judging panel is obliged to perform all the functions of judging, impose warnings, comments and points provided for in these rules.

The carpet manager's protocols are used to determine the winner and calculate points. Points must be recorded with accuracy and in order corresponding to the various stages of the fight. The minutes must be signed by the head referee and the mat manager.

If the fight does not end with a victory, the decision is made by the mat manager. This

decision will be based on the score recorded throughout the bout in the mat manager's minutes.

All points recorded by the carpet manager must be announced to the audience by means of gestures of the referee on the carpet and on the electronic scoreboard.

The judging panel is required to use the basic dictionary of khapsagai wrestling rules during the fight in accordance with the functions performed. Members of the board are not allowed to talk to anyone during the fight, except for meetings with other members of the board.

### **Article 15. Chief Judge**

The Chief Referee is responsible for the preparation and conduct of the competition in accordance with the rules and approved regulations of the competition.

The Chief Judge must:

check it out ensure the readiness of the competition venue and equipment, equipment, medical care;

organize the work of the judging panel (distribution of duties, holding meetings before and after the competition to approve the results, etc.);

consider protests and make timely decisions on them together with the jury; submit a report and protocols to the organization conducting the competition within three days after the end of the competition.

The Chief Judge has the right to:

cancel or postpone the competition if the venue, equipment and equipment are not ready by the start of the competition;

terminate or suspend the competition under unfavorable conditions (bad weather, violation of public order);

adjust the program and schedule of the competition if absolutely necessary;

replace judges during the competition;

remove from judging judges who have made gross mistakes or

remove from the competition participants who are not technically prepared, who have committed a gross violation of the rules and incorrect attitude towards other participants, spectators and judges.

The chief referee has important functions and responsibilities specified in the khapsagai wrestling rules.

he coordinates the work of the carpet manager and the referee on the carpet;

he / she is obliged to closely follow the course of fights, without distractions, and evaluate the actions of other judges in accordance with the rules of khapsagai wrestling;

in case of disagreement between the carpet referee and the carpet manager, the task of the chief judge is to make a final decision on the results of the fight, taking into account the points received; the chief judge should not be the first.

He must wait for the opinion of the carpet manager and the referee on the carpet;

in the event of a gross violation, he / she has the right to stop the fight and ask the referee on

the mat and the mat manager for the justification of the decision made. After consulting with the carpet referee and the carpet manager, the referee may either change the decision or apply the procedure

described in Article 19.

## **Article 16. Carpet Manager**

The head of the mat bears the duties defined for him in the general rules of khapsagai wrestling:

he must carefully observe the course of the bout, without being distracted by anything;

he must give points and record them in the protocol;

he must express his opinion in all situations, observing each move and

based on the signs given by the referee on the mat (which he compares with his own observations),

and in case of disagreement with the rules of the game, he must the referee of the carpet, based on the signs of the chief referee, records the number of points and displays them on the scoreboard located next to him. This scoreboard should be seen by both spectators and wrestlers.

The head of the mat, if agreed, confirms the victory awarded by the referee on the mat.

In any case, the mat manager must draw the referee's attention to anything that seems strange or wrong to him during the bout or in the behavior of the wrestlers.

At the end of the bout, the mat manager must write down the result in the protocol and sign it.

If the head of the carpet and the referee on the carpet come to an agreement, their decision will take effect without the intervention of the chief referee.

The protocol of the mat manager must clearly indicate the end time of the fight in case of a clean victory, victory by points, suspension from participation in the fight, etc.

Points for leaving the carpet, passive fighting, or intentional fighting. rudeness is necessary

mark with a "1" sign in the column of the wrestler who received the score. A mutual drop is marked "OII" (mutual fall).

## **Article 17. Referee on the mat**

Referee on the mat is responsible for conducting the bout in accordance with the existing rules.

He must have full control over the actions of the wrestlers, so that they immediately follow his requirements and instructions. He must also conduct the fight without allowing any external interference.

The referee on the mat acts in close cooperation with the mat manager and performs his duties of overseeing the bout. The bout begins, is interrupted and ends at the referee's whistle.

The referee on the mat must wear a red armband on the left wrist and a blue armband on the right wrist. He shows with his thumb the score that the wrestler received, raising his right hand if the score (s) was received by the wrestler in blue shorts, and his left hand if the score was received by the wrestler in red shorts.

If during the bout the referee of the mat gives a score of "1", he must extend in a horizontal position

the head of the mat agrees with him, he blows a whistle, showing the score to the active wrestler.

If a wrestler is given a warning for passive wrestling, the referee on the mat stretches out his hand with the appropriate color of the wristband in a horizontal position with the palm open down.

hand with the palm open downwards, towards the warned wrestler.

The winner is indicated by the referee of the mat, holding out his hand with the palm open up. The referee on the mat must:

interrupt the fight in a timely manner, no later and no earlier;

be ready to change your position on or near the mat at any time, and stand

so as not to obstruct the view of the mat manager and the main referee;

do not allow wrestlers to rest during the bout, pretending to dry themselves,

blow their nose, pretending to be injured, etc. In this case, he must stop the fight and

do it verbally remark to this wrestler, announce a warning and

give a point to the opponent in case of repeated violation.

encourage a passive wrestler without interrupting the fight;

require wrestlers to stay on the mat until the results of the bout are announced;

in any case that requires approval, first ask the carpet manager for an opinion,

standing on the edge of the carpet facing him;

vote for disqualification or victory;

or "against" by judges ' voting on making a decision about

make sure that the wrestlers shake hands with each other and with him before and after the bout.

The referee on the mat must demand a penalty for the wrestler for violating the rules or

intentionally being rude.

In the event of interference from the mat manager or the head referee, the referee on the mat must interrupt the bout.

#### **Article 18. Chief Secretary**

Chief Secretary:

accepts registered applications from participants and teams;

provides materials and documentation for conducting competitions, distributes

protocols to judges, posts copies of protocols for the information of participants and representatives,

provides the results of competitions to accredited media representatives;

directs the work of technical secretaries;

accepts applications and protests, reports on them to the chief judge;

draws up a general technical report and, after approval by the chief judge, submits it to the organization conducting the competition.

#### **Article 19. Viewing a video recording**

If, during the bout, the head referee notices a serious violation on the part

of the mat manager or the referee on the mat and does not agree with them, he must interrupt the bout, view the video recording of the bout and make the right decision. This decision cannot be changed.

Also in contentious situations, in which the judges responsible for conducting the fight did not

come to a common opinion or missed an important point, The chief referee can make a decision by watching the video.

If a protest is received from an interested party, the chief referee must make a decision after consulting with the carpet manager and the referee on the carpet, viewing the video recording.

#### **Article 20. Making a decision**

The referee on the mat shows his decision by raising his hand, with a clear and appropriate gesture indicating victory, score. If the referee on the mat and the head of the mat agree, this decision is declared final.

In case of protest or disagreement, the decision is made by the chief judge.

If the bout continues until the end of the allotted time, then when determining the winner of the bout, you must follow the protocol of the mat manager. During the entire bout, the number of points on the scoreboard must correspond to the protocol of the mat manager.

#### **Article 21. Awarding points**

While watching the fight, the mat manager and the referee on the mat award the active wrestler 1 point in 1 minute.

For a controversial move or throw made when the wrestlers simultaneously touched the mat, the victory is awarded to the wrestler who made the move, but if the attacked wrestler made a counter-move and as a result of this counter-move both touched the mat at the same time, the victory is awarded to the athlete who made the counter-move.

If a wrestler evades a fight, avoids a fight inside the mat, or puts his head against it, his opponent is awarded 1 point;

If a wrestler behaves rudely, hits his head, hands and feet, then the wrestler is given a warning and his opponent is given 1 point;

1 point is awarded to the wrestler if he forced his opponent to step completely over the line of the mat with one foot.

In this case, the referee must record the care inside the carpet.

The referee must encourage the passive wrestler by using the mainused terms and gestures.

The terms should be pronounced clearly, loudly, focusing the guilty wrestler

's attention on what exactly his mistake is and what is required of him. For example: "Red action, blue liability, red head above or red head stop, blue don't run away", etc.after

that, the referee, with the consent of the mat manager, stops the fight, gives 1 point to the active wrestler.

The wrestler who receives 3 points becomes the winner of the fight.

#### **For example among men**

Name	Points	Result
Red	1	3
Blue	0	0

Name	Points	Result
Red	1, 1	1
Blue	1, 1 (took last point )	3

3.

Name	Points	Result
Red	1, 1, 1	3
Blue	1,1	1

4.

Name	Points	Result
Red	Win	4
Blue		0

If by the end of the fight the number of points of the wrestlers is equal, then the one who received the last point wins.

Absolute superiority. In the absolute championship, the number of points in the semifinal and final bout is unlimited. The time of the semifinal bout is 6 minutes, the final bout is 8 minutes.

#### **Article 22. Sanctions imposed on the Panel of Judges**

Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia) as the highest body, it has the right to apply the following disciplinary measures to the judge (s) in case of violation of the rules of judging or incorrect decision-making:

make a warning to the judge (s);

suspend them from working at competitions;

lower them in the category;

temporarily suspend them;

deprive them of the right to judge and remove them from the judging panel.

#### **Article 23. Clothes**

Depending on the type of competition, the panel of judges (the head judge, the head of the carpet and the referee on the carpet) must be dressed in:

a judge's suit in the national Yakut style during the performance of their duties., approved by the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia) or in a suit or clothing approved by the Federation khapsagai wrestling of the Republic of Sakha (Yakutia):

a white short-sleeved shirt and white trousers;

white light canvas shoes with rubber soles;

and carry with you:

red and blue wrist bands.

the whistle.

Members of the judging panel are not allowed to have logos or the name of the sponsor on their clothing and shoes.

#### **Article 24. Appeal jury (judicial jury).**

On republican sites competitions, sports contest on The organization conducting the competition (OPS) creates an appeal jury, which includes representatives of this organization, a representative of the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia) and an inspector of these competitions.

The main task of the jury is to consider protests that have not previously been agreed upon. The appeal jury's decision on the protests is final.

As a rule, the jury members do not interfere in the course of the competition, in the actions of the judges and the referee, but in some cases they have the right to make recommendations to the chief judge.

If the appeal jury considers that the members of the judging panel have abused their powers by changing the result of the bout, they can view the video recording of the bout and impose sanctions on them, according to the rules for judging panels working at international competitions.

### **CHAPTER IV. COMPETITION PROCEDURE**

#### **Article 25. Weighing system**

Participants are weighed before the competition for one hour the night before by a panel appointed by the chief judge, which includes: a doctor, two judges and a senior judge.

Director the delegation must provide the organizer with final list uchastnikov not later than the start of the weigh-in. After that, no changes are allowed.

Wrestlers must present a passport or other identification document with a photo.

A wrestler will not be allowed to participate in the weigh-in procedure if he has not passed a medical examination. A medical examination is always performed during the weigh-in.

Qualified medical personnel inspect athletes and do not allow wrestlers who have been diagnosed with infectious diseases or other diseases.

Participants are then weighed in their underwear or shorts, but without shoes. It is not allowed to sag due to the weight of underpants or shorts.

The persons responsible for the weigh-in must check the compliance of all participants with the provisions of Article 7 - "Clothing" and inform each wrestler about the consequences of their appearance on the mat without the appropriate form.

Participants must be in excellent physical condition and have their nails cut short.

At any competition, the weigh-in is carried out by weight categories. During

the weigh-in, participants should take turns standing on the scale.

#### **Article 26. Drawing of lots**

Before the start of the competition, participants will be divided into pairs according to the numbers obtained by drawing lots during the weigh-in.

The draw must be conducted openly. Numbered tokens, the number of which coincides with the number of wrestlers who have passed the mandatory commission and medical examination, are placed in an urn, bag or other similar object. If you are using a different system, please inform us in advance.

The wrestler is weighed, gets off the scale and independently draws out the number that will be used to make up the pairs. This number must be immediately entered in the table posted for all those present, as well as in the starting protocol and the vzve protocol.sewing.

#### **Article 27. Making pairs**

Pairs are drawn according to the order of numbers drawn by the wrestlers themselves during the draw. At the same time, a document is drawn up that clearly sets out the procedure, time of the event, and other information about the specifics contractions of thea envednt. competitions. The pairs formed for each round and the results of the competition are displayed in this way, so that participants can get acquainted with this information.

#### **Article 28. Elimination from the competition**

A wrestler who loses twice is eliminated from the competition and gets a place in accordance with the classification points. In the absolute championship, wrestlers are eliminated after the first defeat.

If a wrestler does not enter the mat after his name and surname have been mentioned, without medical reasons and without notifying the official secretariat, then this wrestler will be disqualified after 1 minute and he will not take any place. His opponent is recognized as the winner of the fight.

If a wrestler commits an obvious violation of the rules, conducts an unfair fight, or shows cruelty, deliberate rudeness, then he will be immediately disqualified and excluded from the competition by the decision of the judging panel. In this case, it doesn't take up any space.

If two wrestlers were disqualified during the bout for roughness or for a fictitious fight (a contract fight), they will be excluded according to the above rules. The wrestler who was supposed to fight against one of these athletes becomes the winner of the match. Pairs made up for the next round will not change.

If the final table is violated due to disqualification before the final bout, the wrestlers who occupy the following positions will move up in the standings and take part in fights to determine the finalistov.

#### **Article 29. Award ceremony**

The first 3 wrestlers in each weight category take part in the award ceremony and receive a medal and diploma according to the place taken:

1st-gold medal;

2nd-silver medal;

3rd - bronze medal.

According to the competition regulations, two third places may be awarded.

The award ceremony is held immediately after the end of the final fights.

## **CHAPTER V. THE FIGHT**

### **Article 30. Duration of the bout**

At all adult competitions, the time is counted on the scoreboard from 0 to 4 minutes, except for the absolute championship, where the semifinal fights last 6 minutes, and the final-8 minutes without a break. The time on the scoreboard is stopped during pauses.

Duration of contractions:

for junior and middle-aged boys 12-15 years

old for cadets 16-17

years old adults 18 years and older

veterans 40 years and older

- 3 minutes;

- 3 minutes;

- 4 minutes;

- 3 minutes.

At international competitions:

for cadets 16-17 years

old for youth 18-20 years

old for adults 21 and older

- 3 minutes;

- 3 minutes;

- 4 minutes.

Pure victory depending on the number,

automatically stops the fight outside of the received points. In cases when the fight ends after the allotted time, the winner is determined by the number of points received.

### **Article 31. Challenge**

Participants are called to the mat in a loud, clear voice in Yakut, English, Russian or in the language of the country where the competition is held.

You cannot call a wrestler to participate in a new bout if less than 15 minutes have passed since the end of the previous bout in which he participated. If a wrestler does not enter the mat within 1 minute, then he is disqualified and no place is awarded. His opponent is declared the winner due to the opponent's non-appearance.

### **Article 32. Submission of wrestlers**

In the final, the following procedure is performed for each weight category::

the finalists, who will compete for 1-2 places, go to the mat with their coaches.

The informant judge announces their merits, as well as the names and merits of the chief judge, the referee on the

carpet and the head of the carpet;

at national competitions, Sports competitions and at the national holiday "Ysyakh"

it is allowed to introduce elements of national traditions and color.

### **Article 33. Start of the fight**

Before the start of the fight, each wrestler takes a place in the corresponding corner of the mat. The color of the corner of the mat corresponds to the color of the wrestler's sports shorts.

Standing in the central circle of the mat, the referee calls the wrestlers to him. Then he shakes their hands, examines their clothes, checks whether their bodies are covered with slippery or sticky substance, makes sure that the wrestlers' hands are bare.

The wrestlers greet each other, shake hands and, with the referee's whistle, start the fight.

### **Article 34. Interruption of a bout**

If the bout cannot be resumed for medical reasons, the appropriate decision is made by the competition doctor, who informs both the wrestler's coach and the mat manager; the latter then stops the bout.

The head referee may interrupt the bout due to a serious mistake made by the referee. He may also terminate the bout in the event of a serious error in the evaluation of the referee's actions. In such cases, he conducts a consultation.

Under no circumstances can a competitor interrupt the bout on their own.

If the bout must be stopped due to intentional injury, the guilty athlete will be disqualified and the injured wrestler will be declared the winner.

### **Article 35. End of fight**

Any reception started from the territory of the circle of covra and completed outside of it along the perimeter of the mat, which contributed to knocking down the opponent, leads to victory if the referee's whistle does not sound on the mat or the time does not run out.

If the referee does not hear the gong or the siren of the electric scoreboard, the mat manager must intervene and stop the fight by throwing a soft object on the mat to attract the referee's attention.

Any action or move made after the end of time or after the referee blows his whistle will not count.

After the bout ends, the referee stands in the center of the mat facing the panel of judges.

The wrestlers shake hands, stand on either side of the referee and wait for the decision. Immediately after the decision is announced, the referee raises the winner's hand and shakes the wrestlers' hands.

Each wrestler must shake hands with the referee on the mat and the opponent. In case of violation of these rules, the wrestler will be punished in accordance with the Rules.

### **Article 36. Types of victory**

The fight ends with a victory:

when knocking down an opponent on the mat or ground by any non-prohibited techniques;

the wrestler who received the highest number of points;  
when one of the wrestlers received 3 points (except for the absolute championship);  
due to the disqualification of one of the wrestlers;  
due to the injury of one of the wrestlers and the resulting inability to continue  
the fight.

If the number of points is equal

, I received the last point.

and so on. the winner (1-1, 2-2) is the wrestler who

If both wrestlers have one or more points, the winner is the wrestler  
with the highest number of points.

### **Article 37. Coach (representative)**

During the bout, the coach (representative) must sit on a chair in the corner of his athlete.

The coach is strictly forbidden to influence the decisions made or insult  
the referees.

The coach may not give the wrestler water or any other liquid during the break or during the bout.

A coach may not interfere with what is happening on the mat, except with the assistance of a doctor who  
provides medical assistance to his wrestler.

If a coach behaves inappropriately (for example, when drunk, etc.), they may  
be suspended from the competition, given a warning, or removed from their position.

In case of non-compliance with these rules, the referee on the mat must ask the head of the mat  
to make a remark to the coach, if he continues to violate the rules, the head of the mat can  
remove him or give his wrestler a warning and a point to his opponent. From this moment on, the coach  
is suspended from the competition and cannot continue to perform his duties. However, this team  
can use the services of another coach.

## **CHAPTER VI. PASSIVE FIGHTING**

### **Article 38. Zone of passivity**

The passive zone exists to identify the passive wrestler, to  
systematically fight on the edge of the mat, and to take care of the wrestling zone.  
exceptions

Any move or counterattack started in the central area of the carpet counts  
regardless of where it was completed.

When performing moves and grapples started on the central area of the mat, wrestlers can  
step into the passive zone and continue the moves and grapples in any direction.

when defending during a bout puts one foot in the zone

of passivity outside the mat, the referee must say the word "zone" loudly. Upon hearing this, the wrestlers should  
try to return to the center of the mat without interrupting the fight.

The wrestler who first steps out of the passive zone with one foot loses a point. If one of  
the wrestlers passed and raised one leg and pushed out his opponent without knocking him down, but he himself  
stepped over the circle of the carpet with one foot (after his opponent), then the opponent is given a point.

When the wrestler on the ground surface, you can fight without a circle (the zone is determined by the judging panel).

## **CHAPTER VII. VIOLATIONS AND PROHIBITED TECHNIQUES**

### **Article 39. Avoiding capture**

Avoiding capture is considered when a defensive wrestler explicitly avoids contact in order to prolong the time of the bout. Avoiding capture is penalized in the same way as leaving the mat, i.e. an active wrestler is given a point, regardless of the time of the bout.

Also, you can not rest your head on the chest of the opponent, leading a passive struggle.

If a wrestler does not respond to the referee's verbal comments on the mat, his opponent is awarded a point for this violation.

### **Article 40 Prohibited techniques.**

The following moves and grabs are prohibited:

throat grabbing;

hand twisting for more than 90;

hold your head or neck with both hands or squeeze your throat;

wringing the opponent's arm behind the back and pressing on it if the forearm forms a sharp angle;

grabbing the head with two hands (head grabs are allowed only with one hand);

wringing the fingers of the hands;

grabbing sports shorts.

It is also prohibited during the bout:

pulling the opponent's hair, ears, genitals, pinching, headbutting, choking, biting,

twisting the fingers, kicking the opponent in the groin or stomach, using other actions to intentionally cause him pain or injury;

talking among themselves;

agreeing on the outcome of the fight among themselves.

The referee on the mat in case of violations of the rules by wrestlers

must: force the wrestler to stop grabbing if he is dangerous;

stop the fight and award a point.

### **Article 41. Techniques prohibited in the categories of young men of younger ages**

In order to protect the health of young athletes, all dangerous throws from

the rack associated with a high sop margin should be considered prohibited for young menyernika from the carpet (for example: throwing a deflection from behind, lifting up with a grip of the legs for the purpose of throwing).

The referee on the mat must carefully monitor the dangerous movements of young wrestlers and, if necessary, insure them when they fall.

The referees must discuss in advance and agree with the team representatives and coaches whether they will count a loss if the opponent breaks up from the mat.

### **Article 42. Consequences of using prohibited techniques**

The referee stops the prohibited move by interrupting the bout, if possible, without interrupting the bout.

If a victory is achieved by performing a prohibited move, the victory is not counted.

In in this case deliberate headbutt, repeated occurrence rudeness after a warning, an opponent's punch, or other acts of rudeness, the violator is disqualified without being awarded a place marked "excluded for cruelty, rudeness".

## **CHAPTER VIII. PROTEST**

### **Article 43. Protest**

- For rough conduct of the fight (deliberate headbutt, blows to the face with fingers, palms, fist), the referee gives the wrestler a remark for the first time, for repeating such actions, the opponent is given 1 point. When performing prohibited actions for the third time, the wrestler is declared defeated and he is removed from the competition, by the decision of the executive committee of the Khapsagai Wrestling Federation, he may be disqualified for three months and fined. **3000** rubles'.
- For verbally insulting the referee, the guilty athlete or representative is subject to disqualification for 6 months and a fine in the amount of **5000** rubles'.
- For assault and battery in regarding the judge on the guilty wrestler superimposed disqualification for 1 year and a monetary fine in the amount of **10000** rubles'.
  
- The coach-second, in case of disagreement with the judge's decision, has the right to make a verbal protest and immediately roll the die. The mat referee must obtain the wrestler's consent to view the video recording of the bout. If the wrestler refuses to view the video, the protest is rejected and the bout continues. The chief referee or federation inspector, the mat manager and the referee make a final decision after viewing the video recording of the fight on the monitor, if the protest is satisfied, the cube is returned to the second. In case of a justified refusal to satisfy the protest, the opponent is awarded a point and the cube remains with the judges until the end of the fight, without the right to re-submit the protest. During the viewing of a disputed moment, the second and the participant (s) do not have the right to interfere. In case of violation of this rule, the wrestler (member) of this team is credited with a defeat and the opponent is automatically awarded a victory. In case of group interference of a team in the work of the judging panel, the team is removed from the competition, it is fined in the amount of rubles and disqualified for 1 year. If mass violations of the rules, rough tricks on the part of spectators and participants are allowed during the competition, then the organization conducting the competition (ulus khapsagai wrestling federation or local government body **20000** sports) by the decision of the executive committee of the wrestling federation, khapsagai is deprived of the right to conduct competitions for a period of 3 (three) years. Athletes who independently dropped out of group " B " without valid reasons, thereby grossly violating the competition rules, are automatically suspended from

participating in the khapsagai wrestling competition for 3 months.

The collected fine is paid to the current account of the Khapsagai Wrestling Federation of the RS(Ya).

## **CHAPTER IX. THE STRUGGLE FOR ABSOLUTE PRIMACY**

### **Article 44. Absolute primacy**

To absolute nethe championship is open to wrestlers of any weight category without restrictions in weight and age.

Competitions conducted by by principle disposals after the first one defeats.

The final bout lasts 8 minutes, and the semifinal bout lasts 6 minutes.

The number of points in the final and semi-final is unlimited.

If at the end of the fight time no one has won by knocking the opponent to the mat, then the victory is awarded by the number of points.

## **CHAPTER X . INTERPRETATION OF THE KHAPSAGAI WRESTLING RULES**

### **Article 45. Amendments to the rules and unforeseen events**

These rules supersede all previous editions of the Khapsagai Wrestling Rules.

Executive Committee The Khapsagai Federation of the Republic of Sakha (Yakutia) has the exclusive right to amend the above provisions in order to improve the technical rules of wrestling.

These rules were drawn up taking into account all orders and information coming from the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia).

These rules are the only document that is valid until the meeting of the executive committee of the Khapsagai Wrestling Federation of the Republic of Sakha (Yakutia), which will be instructed to adopt all amendments and changes in the interpretation of the provisions.

In the event of a court proceeding, only the Russian and English texts of the rules are legally binding.

National federations of other countries can translate this document into their own official language.

Each competition referee must have copies of these Rules in their native language and in one of the official languages (Russian or English).

**ENCLOSURE 1**  
**BASIC DICTIONARY**

Each member of the judging panel should carefully read and apply this dictionary. This dictionary contains the official terms used by judges to communicate with each other by yourself.

<b>English</b>	<b>Russian</b>	<b>Yakut(Sakha)</b>	<b>Action of referee</b>
1. GREETING («ГРИТИНГ»)	Приветствие, поприветствуй те друг друга	Илии тутуһун	Wrestlers must greet each other
2. START («Старт»)	Давай, старт	Чэ!	If there is no whistle, the announcement of the start of the bout.
3. ACTION («ЭКШН»)	Действовать, бороться	Үлэлээн ис, тустан ис	The referee encourages the wrestlers to wrestle more actively.
4. HEAD UP («Хед ап»)	Голову вверх	Төбөбүн көтөх	The wrestler must raise his head. This command is given by the referee when the wrestler is passive or carries out a series of attacks, pushing the opponent with his head.
5. PLACE («Плэйс»)	«Место», не выходить за ковер	Көбүөр таһыгар тахсыма	By pronouncing this command, the referee warns the wrestlers not to leave the mat.
6. DANGER («Дэнжер»)	Опасное положение	Кутталлаах, сэрэн	A dangerous position. For example: if in the age category of younger boys the opponent is lifted up, etc.
7. FAULT («Фолт»)	Нарушение	Көнүллэммэт!	A prohibited technique or violation of technical rules.
8. STOP («Стоп»)	Стоп	Тохтоон	Stopping the bout.
9. ZONE («Зон»)	Зона	Зона	This word is pronounced loudly if the wrestlers step into the passive zone.
10. CONTINUE («Континуе»)	Продолжайте	Тустан иһин	At this command from the referee, the bout should be resumed. The referee also uses this command to

			resume the fight if the wrestlers have stopped in confusion and are looking at him, waiting for an explanation.
11. TIME OUT («Таймаут»)	Тайм аут	Тохтобул	When one of the wrestlers stops the match, either intentionally or as a result of injury or for any other reason, the referee thus commands the timekeeper to stop the stopwatch.
12. CENTRE («Центр»)	Центр	Ортотугар	The wrestlers must return to the center of the mat and continue the match there.
13. INTERVENTION («Интервэншн»)	Вмешательство	Бынаарсыы	The referee or the mat manager requires intervention.
14. OUT («Аут»)	За ковром	Түһүлгэ таһыгар	A move performed outside the mat.
15. ОК («О-кей»)	Хорошо	Сөп	The move is counted (the move is performed correctly). Agreeing with something.
16. NO («Но»)	Нет	Аабыллыбат	This word signals that the move is not counted. Disagreeing with something.
17. TOUCH («Тач»)	Касание	Таарыйда	The referee indicates touching the mat.
18. LOSE («Лос»)	Поражение	Хоттордо	The opponent has been defeated.
19. DISQUALIFICATION («Дисквалификац ия»)	Дисквалификац ия	Күрэхтэһииттэ н уһуллаp	Disqualification for inappropriate behavior or cruelty.
20. END («Энд»)	Конец схватки	Тустуу бүттэ	Ending the match.
21. CHRONOMETRE («Хронометр»)	Время	Бириэмэ	On this command from the referee, the timekeeper must stop or start the stopwatch.

22. GONG («Гонг»)	Гонг	Гонг	The sound of the gong signals the beginning or end of the match.
23. JURY («джури»)	Судейская коллегия	Судьуйалар	
24. REFEREE («Рефери»)	Арбитр	Арбитр	A member of the judging panel who is responsible for what is happening on the mat.
25. CHIEF REFEREE («Чиф рефери»)	Руководитель ковра	Көбүөр салайааччыта	The mat chairman must consult with the referee before making a disqualification or any other decision that is in dispute.
26. CONSULTATION («Консултэйшн»)	Консультация	Сүбэлэһии	The mat chairman must consult with the referee before making a disqualification or any other decision that is in dispute.
27. AVERTISSEMENT («Авертисмент»)	Предупреждение	Сэрэтии	A sanction imposed by the referee on a wrestler who has violated the rules.
28. PROTEST («Протэст»)	Протест	Протест	A protest challenging a decision.
29. DOCTOR («Доктор»)	Врач	Эмчит, быраас	The official doctor of the bout.

30. VICTORY («Виктори»)	Победа	Кыайыы	The referee declares the winner.
31. ATTENTION («Этгэншн»)	Внимание	Сэрэтии ылаары гыннын	The referee warns the wrestler defensively before giving him a warning.

**ENCLOSURE 2**  
**SAMPLES OF COMPETITION PROTOCOLS**  
**Weighing and Draw Protocol**

Competition

Date

Venue

**Весовая категория до \_\_\_\_\_ кг.**

№	Name	Team	Rank, title	Year of Birth	№ by draw	Weight
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Judges:

Chief Referee:

## Название соревнования

дата проведения

место проведения

Группа Б							1 круг			Группа А						
8 круг	7 круг	6 круг	5 круг	4 круг	3 круг	2 круг	№	милия И	Команда	2 круг	3 круг	4 круг	5 круг	6 круг	7 круг	
							1									
							2									
							3									
							4									
							5									
							6									
							7									
							8									
							9									
							10									

Гл. судья:

Гл. секретарь:

Победители в 1 круге переходят в группу А по порядку сверху вниз. Проигравшие переходят в группу Б соответственно порядковому числу сверху вниз. Проигравшие со 2 круга в группе А переходят в группу Б на нижнюю строчку таблицы сверху вниз. При нечетном количестве борцов последний оказывается свободным и на следующий круг переходит на верхнюю строку таблицы. При составлении пар в группе Б должны учитывать, чтобы встречавшиеся в группе А спортсмены не встретились второй раз. В случае их встречи нужно перекидывать их с верхними или нижними парами.



та проведения

Название соревнования

место проведения

Весовая категория до \_\_\_\_ кг.

1 КРУГ

Ковер:

Фамилия, имя	Команда	Разряд	Технические действия										Результат схватки	Время

Руководитель ковра:

Гл. секретарь: